

# ActivAge ~ "Live, Learn & Explore"

1005 "O" Street, Lincoln, Nebraska 68508-3611

July - Aug - Sept - 2005

## \* \* \* Reduced Priced Tickets \* \* \*

### Lincoln Community Playhouse

Checks payable to LCP; visit [www.lincolnplayhouse.com/](http://www.lincolnplayhouse.com/)

#### 2005-2006 Mainstage Series

"A Funny Thing Happened on the Way to the Forum,"  
 "A Streetcar Named Desire,"  
 "Annie Get Your Gun,"  
 "The Mouse Trap,"  
 "A Chorus Line"

#### 2005-2006 Family Theatre Series

"The Lion, the Witch and the Wardrobe,"  
 "Ramona Quimby,"  
 "Winnie-the-Pooh"



### Saltdogs Baseball

Haymarket Park,  
 lower reserved on 1st Base,  
 checks payable to Saltdogs,  
 visit [www.saltdogs.com/](http://www.saltdogs.com/)

**August 16, 7:05pm**, Rail Cats from Gary, Indiana, \$9  
 Bill Chrastil as "Elvis" will entertain (van)

### Meadowlark Music Festival

Checks payable to MMF or credit cards accepted;  
 visit [www.meadowlarkmusicfestival.com/](http://www.meadowlarkmusicfestival.com/)

**July 16**, Jeffery Siegel, pianist,  
 and the Corigliano Quartet,  
 KRH, 2 tickets for \$15



\* \* \*

### UNL Theatre / Summer REP

Checks payable to UNL; visit [www.unl.edu/TheatreArts/](http://www.unl.edu/TheatreArts/) and [www.unl.edu/rep/](http://www.unl.edu/rep/)

**July 21, 7:30pm**, "Resident Alien" by Stuart  
 Spencer, Howell Theatre, \$10

**July 28, 7:30pm**, "Bus Stop" by William Inge,  
 Howell Theatre, \$10

## RSVP Travelogue - Season Tickets Available!

Shows are Tuesdays, 2 & 8 pm, and Wednesdays, 2 & 6 pm; at Edgewood Theatre near 56th & Hwy. 2. Tickets available at door, \$6 for those 55+ or \$7 for those under 55, or call 402-441-7026 about season tickets. If you would like to have van service for the Wednesday, 6pm show, call 402-441-7158 to schedule at least one week prior to show.

**September 20-21**, Canada's Incredible Parks  
 (van for Wed. 6pm - \$4, payable to LAAA)

**October 18-19**, The Great Trans-American Train Ride  
 (van for Wed. 6pm - \$4, payable to LAAA)

**November 15-16**, Italy's Fabled Islands  
 (van for Wed. 6pm - \$4, payable to LAAA)

**February 14-15**, Europe's Wild Gem - Iceland  
 (van for Wed. 6pm - \$4, payable to LAAA)

**March 14-15**, It's Great Britain  
 (van for Wed. 6pm - \$4, payable to LAAA)

**April 4-5**, Israel Today  
 (van for Wed. 6pm - \$4, payable to LAAA)

**Call the ActivAge Office at 402-441-7158 for information or to register for Reduced Price Tickets & Tours for Older Adults.**

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## \* \* \* One Day Tours \* \* \*

### **July 19 - UKRAINE, LITHUANIA, & FIRST LADIES in Omaha**

Upon arrival, the Ukrainian women will greet the tour with bread so you may never go hungry, salt for the spice of life, and "Dobryden." Learn the history of Rushnyky as they share Ukrainian music, beautiful embroidery work, and a Ukrainian lunch. The menu includes Borscht, Varenyky, Holubtsi, Pyrohy, and Ukrainian cake! The First Ladies Display from the Smithsonian Institute offers a rarely examined account of women's political history in the United States. Learn about Lithuania while enjoying coffee, tea, and traditional baked goods. Depart at 10am from the Northeast ActivAge Center; return about 7pm. \$59; \$30 cancel fee. *Flyer available.*

### **August 9 - EXCLUSIVE: PEOPLE, PASSION, & PERFORMANCE #2**

This new community has a wonderful mystery tour planned. Meet some extraordinary Midwesterners and discover their unique passions as they share their exceptional talents. Includes city tour, three mystery stops, morning refreshments, noon lunch with a chicken salad croissant, afternoon homemade desserts and coffee. Depart at 6:30am from the Northeast ActivAge Center; return about 8:45pm. \$79; \$35 cancel fee. *Flyer available.*

### **August 25 - SMALL TOWN TREASURES of north central Kansas**

New date! Our Daily Bread Bake Shoppe for baked pastries and coffee then the Barnes Mercantile in Barnes, KS. "A little slice of heaven" is for sale at the Marcon Pie Company, KSDS Service Dog Training Facility, and a catered noon lunch buffet of chicken, ham, roast beef, and samples of Marcon pie from Ricky's in Washington, KS. Paul Boyer's fascinating and moveable creations that combine carving with mechanics at Belleville, KS. Pawnee Indian Village State Historical Site near Republic, KS. Bring your camera for "The World's Largest Porch Swing" at Hebron, NE. Depart at 6:30am from the Northeast ActivAge Center; return about 6:30pm. \$76; \$35 cancel fee. *Flyer available.*

**September 13**

### **EXCLUSIVE: MYSTERY TOUR in Nebraska**



Here are a few clues! Where did 4-H Clubs begin? What was a popular stop on the Overland Trail? Have you laughed at "Yesterday's Lady?" Which restaurant is considered #1 with motorcoach groups? Have you seen one million marbles? Tour this city and also enjoy musical entertainment. Includes morning refreshments at a bed and breakfast, noon lunch of oven baked steak with warm sourdough rolls, and a mid afternoon dessert and coffee on Wall Street! Depart at 8am from the Northeast ActivAge Center; return about 7:30pm. \$74; \$35 cancel fee. *Flyer available.*

### **September 14 - DAY AT THE HENRY DOORLY ZOO in Omaha**

It's almost at our back door, but have you been to the Zoo recently? Established in 1894, the Henry Doorly Zoo is now a world class zoo and a leader in environmental education. See the most "swinging" place in Omaha - the Hubbard Orangutan Forest, complete with 65 foot Banyan trees and three waterfalls including the magnificent 20-foot tall Claire's Falls. Also enjoy the IMAX Theatre. Visit [www.henrydoorlyzoo.com](http://www.henrydoorlyzoo.com). *More information is to be announced.*

### **September 23 - LADIES' DAY OUT in Columbus**

Have fun! Be pampered! Be happy! Be entertained! It's all about clothes, food, wine and cheese, rug hooking, artwork and three special programs by exceptional women. Tour Traditions Inn and Dusters Brewery. Learn about unique party ideas, accessories for the basic black dress, closet organization. Shop at Barbara Jean's Clothing and the Antiques and Treasure stores. Noon lunch at Traditions Inn Bed & Breakfast, and more! Depart at 7:45am from the Northeast ActivAge Center; return about 8pm. \$55; \$30 cancel fee. *Flyer available.*

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## \* \* \* Tours Continued \* \* \*

**September 28 - WILLA CATHER at Red Cloud**

See the childhood home of the Pulitzer Prize winning author. And the Red Cloud Opera House, Farmers' and Merchants' Bank Building, Cather family home, Miner Home, the Burlington Depot, The Episcopal Church, Webster County Historical Museum, Starke Round Barn, and Pine Tree Antiques. Noon meal at Cutter's Café. Depart at 8am from the Ramada Inn at 1101 Bond Street; return about 8:15pm. \$87; \$40 cancel fee. *Flyer available.*

**October 26 - BRING IT TO THE ISLAND! in Grand Island**

**November 3 - TIM CONWAY & HARVEY KORMAN in Omaha**

**December 2 - CHRISTMAS AROUND THE WORLD**

**February 25, 2006 - "OKLAHOMA" in Omaha**

## \* \* \* Events \* \* \*

### Bridge

Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Please call 402-441-7158 for dates, times, location, fees, and reservations.

**July 5 - Beginning II**

**September 7 - Beginning I**

**September 12 - Intermediate**

**October 19 - Beginning II**

**October 31 - Duplicate**

**December 14 - Party**

### Senior Health

#### Promotion Center

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health, perform health and dental screenings at the Downtown ActivAge Center **almost every Thursday** from 9:30am-2:30pm. No appointments needed, walk-ins are encouraged. The summer schedule includes: **July 14 and August 11**. Call 402-441-7575 for information.

## DINNER AND A SHOW

More exciting evenings of fabulous food and fantastic entertainment at the Downtown Center (DT), 1005 "O" Street; the Northeast Center (NE), 6310 Platte Avenue; and the First United Center (1st), 2723 North 50<sup>th</sup> Street. Reservations must be made by 10am on the Monday before that week's Thursday event by calling 402-441-7506 (DT), 402-441-7151 (NE), or 402-441-7152 (1st). Dinner will be served at 6 pm; entertainment at 6:30 pm. Suggested contribution is \$5 for people over 60; and cost is \$6 for people under 60. Van is an additional \$1 fee.

**July 14** - Gary Hatten, Northeast Center, 441-7151

**July 21** - "Jenny's Jalopy Jeopardy, Mellerdrama, Downtown Center, 441-7506

**July 22 (Friday)** - Broadway Bill, meal by the Waffleman, First United Center, 441-7152

**August 11** - Dick Patterson at the piano, Northeast Center, 441-7151

**August 18** - Downtown Center, 441-7506

**September 8** - Broad Appeal, Northeast Center, 441-7151

**September 15** - Downtown Center, 441-7506

**September 23 (Friday)** - O. K. Chorale, First United Center, 441-7152

**October 13** - O. K. Chorale, Northeast Center, 441-7151

**October 20** - Downtown Center, 441-7506

# ActivAge Centers

**"Everything Under the Sun" - For information, call (402) 441-7158**

**\* \* \* Events Continued \* \* \***

## Medicare Part D

Would you like some information on Medicare Part D? Do you have some questions to ask? Then this is the presentation for you. Ted Boyer with the SHIP Office in the Lincoln Area Agency on Aging will be doing a presentation on Medicare Part D. There will be an opportunity to ask questions and pick up reference materials.

**Tuesday, July 19; 1:30 pm**

Gere Library, 2400 South 56th Street, Room #1

## Farmers' Market

A "mini" market will be held Wednesdays, 9-11am, at the Northeast ActivAge Center and continues throughout the summer. Call 441-7151 for information. *Remember to use ALL your Farmers' Market Coupons prior to October 31, 2005!*

## Travels with the

### First United ActivAge Center

The First United ActivAge Center invites you to join them for fun times at the Center and on-the-road! Call 402-441-7152 for information, costs, and reservations. Cost varies.

- **July 12** - USA Steak House.
- **July 13** - "The Power of Positive Aging" at the First United Center.
- **July 25** - Sign Language class at the First United Center.

## Great Platte River Road Arch

Travel with the Northeast ActivAge Center on Wednesday, **July 20** to see the Arch and Stuhr Museum. Call 402-441-7151 for information.

## Watermelon Feed!

The Northeast ActivAge Center invites the community to enjoy this juicy summertime treat from 5:30-7:30pm on Wednesday, **August 17**, at Havelock Park Shelter, 63rd & Ballard, in the Havelock neighborhood. Cost is \$1 for adults and \$.50 for kids. Proceeds go to the Northeast ActiveAge Center for future programming. Sponsored in part by the Seniors Foundation. Call 402-441-7151 for more information.



## It's the Nebraska State Fair!

Don't miss the Older Nebraskans' Festival at the Nebraska State Fair on **Monday, August 29**. Check with your ActivAge Center for details about the entertainment and also about van transportation.

## The Grotto of the Redemption

Travel with the Northeast ActivAge Center on Wednesday, **September 14** to West Bend, Iowa to see this shrine. Call 402-441-7151 for information.

## Holiday Closings

ActivAge Centers and programs will be closed for the following holidays:

**July 2 & 4** for Independence Day  
**September 3 & 5** for Labor Day

## Boomer

### Retirement Planning

Hoping to retire some day? Get a plan now! Classes will be **September 20 and 22**. More information is to be announced.

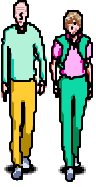
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# VOLUNTEER PROGRAMS

For information, call (402) 441-7026

## *The Choice is Yours for Positive Aging!*

It has been often said that “growing up is mandatory, but growing old is optional.” The choice is yours; whether you want to be active and involved in your later years or sit back and just let the world go on as it may. Recently, Colin Milner addressed a group in recognition of National Senior Health and Fitness Day and outlined six dimensions of wellness. The dimensions he outlined include: physical, intellectual, vocational, emotional, social and spiritual. He stressed we need to strive to develop each of these areas to their fullest potential in order to really change the way we age positively.



Doing some form of volunteering seems to enhance nearly all of these dimensions as well as benefitting the community. Many jobs are available such as: teaching someone to read, running errands for a homebound friend, collecting food for the needy, delivering Meals on Wheels, answering a crisis line, mentoring a child, visiting in a nursing home, helping at a hospital, sharing your musical or artistic talents, assisting with technical and professional concerns. All these activities keep you physically moving, intellectually stimulated, vocationally involved, emotionally rewarded, socially interacting, and spiritually uplifted. The choice is yours . . . so call RSVP at 441-7026 and we will help you get on the way to more positive aging.



## **TELECARE REALLY WORKS!**

“Mike” has been making a daily phone call to “John” for more than four years. On a recent evening, John didn’t answer when Mike called. After following the one hour no-answer procedure, Mike called John’s next door neighbor and they went over and checked on him. They found that John had an insulin reaction and was unable to answer the phone. John was able to get the help he needed and appreciates Mike’s call more than ever.



Do you know a senior or a disabled person who has little contact with other people? The LAAA TELECARE Program can help with a regular, friendly telephone call. TELECARE volunteers also call to check daily on their client’s well-being and security. These calls can be a reassurance and help eliminate loneliness. Calls can also serve as a medicine reminder. TELECARE is a people to people program. If you would like a daily call or know someone that would, call Ginny at 441-7026 or 441-6100.

## **Foster Grandparent Will Be Missed**

The Foster Grandparent Program is saddened by the death of a veteran volunteer, Dorothy Adams, who passed away on May 30th after a brief illness. During Dorothy’s six years with the program, she contributed more than 3,400 hours as a Foster Grandparent. The entire staff at the Foster Grandparent Program, including former director Karen Larsen, is extremely grateful for the gift of these hours because of the opportunity it gave us to get to know this amazing woman. Her infectious laugh and willingness to serve the children of our community will be sorely missed.



## **Help Others On Their Journey**

- ◆ Have you been widowed at least one year?
- ◆ Would you be willing to help the newly widowed by sending a letter telling them about our services?
- ◆ Take a valuable training and join us.
- ◆ WPS volunteers meet the fourth Tuesday of each month at 12:30 pm to pick up names of newly widowed, have lunch and share with each other.
- ◆ Call the Widowed Persons Service office at 441-7026 for more information.

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# LIFETIME HEALTH PROGRAM



## Forever Strong Health Club

The fitness rooms at the Downtown **ActivAge** Center, 1005 O St., have a new look and a new name. The Forever Strong Health Club is open from 8am - 4pm, Monday through Friday and from 9am - 12 Noon on Saturday. Participants are asked to review and sign a waiver and health check list and to sign in and out every time they use the rooms and equipment. Certified Personal Trainers are available to teach participants effective and safe use of the equipment.

Lifetime Health staff members Tracie Foreman, Judy Pfeifer and Terri Swanson received their Personal Fitness Trainer Certifications from the World Instructor Training Schools in Feb. 2005. This is quite an accomplishment and we are very proud of them and the knowledge they have gained. They are available to answer questions or assist you in designing a physical activity program that works for you.

Call 441-7575 to set up an appointment or drop by the Forever Strong Health Club  
Hours for the Personal Trainers are: 1:00 and 3:00 pm on Tuesdays and Thursdays.

**Life's a hit when you're feeling fit!**



## Take Note

Lifetime Health staff are available to conduct 30-60 minute health education programs for community, church and social groups. They are committed to assisting people improve and maintain their health through increased knowledge and awareness. Recent popular programs include: Attitude Tune-Up, Enlighten, Fall Prevention, Flex Your Memory Muscle, Friendship, The Heart of Forgiveness, Laughing Matters, Living Well on a Shoestring, Living with Diabetes, Memory Lane, Mental Aerobics, Old Dogs, New Tricks, and Stress Busters.

## Are You A Caregiver?

Many people are caregivers and don't realize it!

Are you 60+ and provide care to a grandchild or other young family member who lives with you?

Do you regularly check with an older relative, loved one or friend to assure his/her well being?

Do you mow, remove snow, shop, run errands, or write checks for an older person?

Do you make decisions and care arrangements if changes in health or personal circumstances occur?

Are you actively engaged in providing physical care to an older person in their home or in your home?

## New Services for You!

**FREE**

- ♥ Personal Wellness Assessments
- ♥ Fitness Consultation & Stress Management
- ♥ Nutrition Assessments & Counseling

**Call Lifetime Health  
(402) 441-7575**



Purpose: To create a healthier Lincoln through support and promotion of physical activity throughout the lifespan.

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# GOAL COMPUTER CLASSES

For information, call (402) 441-7506

The GOAL Computer Learning Centers offer the most comprehensive computer classes in the area!

Join us at either the Downtown Center (DT), 1005 "O" Street or Northeast Center (NE), 6310 Platte Ave.

For information about classes or to register, call 441-7506 or e-mail [goal@lincoln.ne.gov](mailto:goal@lincoln.ne.gov)

## ALL Class & Workshop fees include the cost of book.

### Introduction to Computer

Cost: \$67

The class for the beginner. Learn how to use computer programs, the mouse, managing files, WordPad, help, calculator, CD-Roms and much more!

Dates	Time	Site
July 6,7,8,11,12,13	1-3:30	NE
Aug 22,23,24,25,26,29	9-11:30	DT
Sept 12,13,14,15,16,19	1-3:30	NE
Sept 20,21,22,23,26,27	9-11:30	DT

### Word Processing

Cost: \$47

Learn word processing with WordPad, a program that comes free with Windows. You'll learn how to create a document and edit it with color, bolding, and text alignment. You'll also learn how to change margins, insert pictures, find/ replace words, copy/ paste, and much more!

Dates	Time	Site
July 27, 28	1-3:30	NE
August 4, 5	9-11:30	DT

### Internet

Cost: \$38

Let's Go Surfing! Today's method of looking up anything you'd ever want to know...travel, finance, antiques & estate auctions, insurance, ancestry files, medical information. To learn the best and most efficient way to search, surf, and save favorites this is the class to take.

Dates	Time	Site
July 25,26	9-11:30	DT
Aug 10,11	1-3:30	NE

### File Management

Cost: \$15

Taken from our Introduction to Computers class, this is a good refresher on a very important topic. Learn to how to properly save and retrieve files, how to create folders for your files, how to find lost files, and much more!

Dates	Time	Site
July 19	1 - 3:30	NE
August 2	9 - 11:30	DT

### E-mail

Cost: \$25

With family and friends either busy or far away, e-mail is the answer to modern communication problems. Learn how to send, receive, forward, use an address book and group list, create and send attachments, and much more!

Dates	Time	Site
Aug 15,16,17	9-11:30	DT
Sept 7,8,9	1-3:30	NE

### Genealogy

Cost: \$20

Take this extensive genealogy class. Learn how to track your history and use the computer program, Family Tree Maker, to put it all together.

Date	Time	Site
July 1, 8, 15, 22	9-11	DT



**GOAL COMPUTER CLASSES**

For information, call  
**(402) 441-7506**

### More Lincoln Area Agency on Aging's ActivAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln website at [www.lincoln.ne.gov/](http://www.lincoln.ne.gov/), keyword: aging
- ~ Seniors Foundation website at [www.seniorsfoundation.gov/](http://www.seniorsfoundation.gov/)

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Lincoln Area Agency on Aging  
ActivAge Events  
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Lincoln, NE 68508-3611

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If you receive multiple  
newsletters, please  
SHARE with a friend!

### HOME HANDYMAN PROGRAM

Do You Need Help With Minor Home Repairs?  
If you are over 60 years of age and live in your own home  
in Lancaster County-we can help you with minor  
home repairs, such as:



Leaky Faucets  
Broken Light Switches  
Trim Needs Paint  
Yard Needs Mowing  
Need Inside or Outside  
Painting-Call For Free Estimates

**Call 441-7030 TODAY!**

Cost of Services Provided Are Scaled to Your Income

A Program of Lincoln Area Agency on Aging

**RETIRED HANDYMEN WE NEED YOU!!!**  
**You provide: tools and transportaion**  
**We provide: home maintenance and repair jobs**  
Call Today - Lincoln, 441-7030

### Lincoln Area Agency on Aging ActivAge Programs

ActivAge Centers .....	441-7158
ActivAge Events .....	441-7158
ActivAge Tickets & Tours .....	441-7158
GOAL Computer Classes .....	441-7506
Home Handyman Program.....	441-7030
Lifetime Health Program.....	441-7575
Rural Transit .....	441-7031
Volunteer Programs .....	441-7026

### SENIORS FOUNDATION

If you would like to support your favorite ActivAge  
program with a gift or a memorial, please contact  
Richard Blair at 441-6179 or [rblair@lincoln.ne.gov](mailto:rblair@lincoln.ne.gov).

The Seniors Foundation Board invites you to learn  
more about the Foundation, Lincoln Area Agency on  
Aging & older adult issues at the foundation web site:  
[www.seniorsfoundation.org/](http://www.seniorsfoundation.org/).